

# Shoreham *News*



June/July 2014

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## MISSION

Shoreham Village supports and encourages resident dignity, individuality and independence in a safe, caring environment.

## VALUES

Shoreham Village believes that all of us should be governed by certain values. These values will enhance the quality of life of our residents and the quality of our relationships with other employees, residents' family members, volunteers and visitors.

## OUR SIX VALUES:

- Respect
- Organizational Support
- Safety
- Communication
- Teamwork
- Fiscal Responsibility

## Message from the CEO

On June 16, 2014, we held our Annual General Meeting and were pleased to present our report to the community – outlining some of our activities, accomplishments over the past year and our ongoing efforts to enhance quality and accountability in our Home. The Annual General Meeting is an important time to reflect and to say thank you to all those who have contributed to our success over the past year - and we did just that.

The past year was a year of transition and change on many fronts at Shoreham. While it was not an easy year, we were proud to report how our employees, volunteers and community pulled together to work through the many challenges, while always keeping focused on the needs of our residents. It was only through the collective effort of so many that we were able to make progress on our goals.

We were pleased to have Ruby Knowles, Executive Director of Continuing Care from the Department of Health and Wellness as our guest speaker. Ms Knowles provided us with an update

## Putting Residents First

Contributed by Leanne McIntyre, Director of Resident Care

Resident focused care is about getting to know each resident individually so we can understand what matters most to them in their daily life and then respecting their decisions and choices.

In addition to the six staff who visited Sagewood to see the Eden Alternative Model of Care in action, twelve of our management and front-line care staff participated in an in-service session on the Eden philosophy.

The Eden philosophy touches the lives of everyone who lives and works in an Eden Alternative Home. It is a way of thinking that challenges everyone, staff, management, families and even residents to see things differently. It is about always asking ourselves and our residents or the family members who speak for them, what they would like us to do and what is important to them. Resident focused care and the Eden Philosophy provides a common goal for everyone to work toward. It will bring many challenges but also many opportunities to provide residents with a quality life experience in a caring homelike environment.

on the priorities within the Continuing Care Branch – including the Integrated Palliative Care Strategy and Dementia Strategy. While she was unable to provide any new information on the status of our new building, she did commit to keeping us up to date as new details become available. It was an informative session and well received by those in attendance. We appreciated her time with us.

We also celebrated two great events this past month, the dedication of the Rita Covey Palliative Care Room and the dedication of the tree and the bench at the front of our home in memory of Roxanne Andrews. These were important occasions for us to honour the contributions of these two special individuals and to reflect on the legacy they have left for us to cherish.

As we enter the summer season, we hope everyone has an opportunity for enjoyment and relaxation so that we can return refreshed and ready to continue our journey of “Rebuilding Our Future”.

Alice Leverman, CEO

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## Welcome to New Staff

Keesha Venoit  
Environmental Services

Amanda Jessome  
Recreation Summer student

## Welcome to New Volunteers

Sandy Swenson

## Shoreham Village Auxiliary

Gerri Allen, Chair

## Shoreham Village Foundation

Janet Creaser, Chair  
Gregor Fraser, Treasurer  
Nancy Murray  
Susan Pattillo  
Lara Parsons  
Sandra Matthews

## Board of Directors

Shoreham Village is governed by a volunteer Board of Directors.

Susan Neilson, Chair  
Patsy Brown, Vice-Chair  
John Campbell  
Leigh Milne  
Nancy Timbrell-Muckle



Gerald Hirtle has been a resident at Shoreham Village for three years

## Resident Profile - Gerald Hirtle

Contributed by Linda Bell, Director of Recreation

Gerald has experienced many adventures throughout his life. Born on April 13, 1936 in Brooklyn, Queens County, Nova Scotia, Gerald grew up with an older sister and younger brother. After attending school in Brooklyn, Liverpool and Halifax, he became a certified electrician and worked in his father's business in Liverpool.

It was during this phase of life in Liverpool that he met his wonderful wife Peggy. Together they raised two children, David and Nancy. They lived in Brooklyn until 1966 when they moved to Blandford, Peggy's hometown. He became the man to call for any and all electrical issues in the Blandford and surrounding area. In 1975, Gerald named his business Blandford Electrical, Plumbing and Heating Ltd and his son David joined the business before Gerald retired in 1982.

There are many things that Gerald likes to do. He loved to play auction and crib. He and Peggy loved to travel and created many happy memories while on trips to New Brunswick, Newfoundland and Labrador, the Gaspé Coast, Magdelene Islands and different parts of the United States.

Gerald came to live at Shoreham Village in 2011. Here at Shoreham, Gerald remains busy with playing wii bowling, playing cards and doing jigsaw puzzles with family and friends. Peggy's visits always bring a smile to his face.

## R-E-S-P-E-C-T

Shoreham promotes a respectful workplace. This means being respectful, compassionate and responsible while at work. It also applies to how employees represent the organization at home, in the community and on social media. We remind employees that issues relating to work should be discussed with the appropriate people at work rather than taking the issues to social media sites.

## Our Board is in Good Hands

Nancy Timbrell-Muckle joins the board of Shoreham Village following a forty-year career with the federal government, retiring at an executive level in 2013. She holds a Master of Arts degree in Public Administration, plus two Bachelor's degrees in Arts and Education and a college level diploma in Fitness and Lifestyle Management. Her interests include a strong commitment to health and wellbeing. She is currently a certified fitness instructor, registered yoga teacher, certified pilates mat instructor and a master personal trainer.

She has recently returned to Nova Scotia after living in Ottawa while pursuing her career. Her family has resided in the Chester area for several generations and her grandparents were residents of Shoreham Village. She is married, a mother and a grandmother. As a member of the Board, she is deeply committed to supporting all members of the Shoreham team care for the residents.



Nancy Timbrell-Muckle joined the Shoreham Village Board of Directors in spring 2014

## Healthy Workplace initiatives

Taking every opportunity to promote healthy living and a healthy workplace, the Healthy Workplace Council has begun to publish the Cubicle Herald. These motivational health messages are "published" in the washroom stalls and changed every three weeks.

Our monthly lunch and learn sessions provide an opportunity to bring your lunch and learn something new. Last month's session on Women's Health screening was very informative.

We are having a bike rack made to encourage biking to work. Shoreham will be putting a team in the Big Bike Ride on August 8 at 5:00pm starting in our parking lot. You do not need to be a biker to ride! Anyone wishing to join this fun event can get in touch with Rachel Godwin or Sheila Schnare for details or visit [www.bigbike.ca](http://www.bigbike.ca).



Last month three teams of two visited Sagewood to see the Eden Alternative Model of Care in practice. Front row (left to right): Lorna MacLean, Brenda Hiltz and Renee Smith. Back row (left to right): Jean Gale, Nancy Richardson and Rosalind Jones.

### Putting Residents First *(continued)*

An exciting example of resident focused care at Shoreham Village is seen in our partnership with Sail Able, which is a non profit organization that provides sailing experiences for people with disabilities. The staff at Shoreham have arranged for one of our residents who was a sailor to be part of this program and have an afternoon of sailing once again.

Resident focused care is seen in both the big, special events and the simple activities of daily life. It is about knowing the resident and respecting who he or she is and what's important to each individual resident.

### Board Highlights

- Our Annual General Meeting was held on June 16. For more information see our report to the community.
- We thank Pauline Kelly and Cait Maloney for their service on the Board and welcome Leigh Milne.

### Sunshine, Fresh Air and a Little Dirt Too

Contributed by Corinne Webber, Volunteer Coordinator

We all know that sunshine boosts both our energy level and our mood and that being outside in the fresh summer air makes us feel better all-round – physically, emotionally and spiritually. We know because we have all experienced that wonderful “outdoors feeling”.

There are good reasons we feel that good. It has to do with serotonin. Serotonin is a neurotransmitter - a brain chemical - which is responsible for controlling mood, sleep and appetite and very important for both memory and learning.

Sunlight is the best way to stimulate serotonin production. The lack of sunlight lowers our serotonin levels and contributes to depression but the high intensity light of sunshine signals the body to start producing serotonin and with that comes a sense of well-being.

Fresh air can have a similar impact. That's because the amount of serotonin you have in your body is affected by the amount of oxygen you inhale. Going outside and inhaling fresh air clears your lungs and helps you take deeper and longer breaths of air. That means you get more oxygen and your serotonin levels are boosted.

That's not all, playing in the dirt helps too. In fact, scientists are finding that friendly bacteria in the soil actually trigger the brain to produce serotonin too. That's probably one of the reasons gardening has such an impact on our sense of well-being.

\*\* Volunteer Services is coordinating a Volunteer Gardening Program and a Walking Program, matching volunteers with residents to tend our raised gardens or go for walks here at Shoreham Village. Residents are just waiting for companions for these activities. If you enjoy gardening or walking, one of these may be a good match.

Compliments for a job well done.

**Auxiliary** – for donating \$1900 for the purchase of outdoor chairs and other items for resident use.

**Edwina David** – for “Giving great support and praise to the CCA's on a very busy night. It feels great to be appreciated!” and for “Helping on A-wing no questions asked. Helping the CCA's when we were in a crisis on May 15.”

**Anne Venoit** – for “Taking time out of her busy day on May 18 to help me move a bed and belongings to a different room. Thank you Anne.”

**Cara Bremner** – for “Always being an exceptional LPN. Always going above and beyond. Always having the resident's care her first priority. Good Job! Keep up the great work!”

**Margaret Benteau** – for “Making beds, washing off tables, etc while Sharron Myler and Irene Rafuse worked short staffed. Thanks!”

**Niki Rhodenhizer and Karen Doucett** – for taking a two-day workshop on the Brain and Behaviour, The Empathy Method.

**Corinne Webber** – for participating in a four-day Palliative Care Course sponsored by Cancer Care Nova Scotia.

**Relay for Life team and everyone who supported them** – for enabling us to purchase \$305.00 worth of luminaries in Roxanne Andrew's memory.

### DID YOU KNOW?

A few quick facts about Shoreham Village:

- Shoreham Village opened its doors in 1974.
- We are home to 90 residents.
- The average age of our residents is 83.6.
- Approximately one third of our residents are male and two thirds are female.
- In 2013-2014 we welcomed 42 new residents in our home, including 13 who were with us for short-term respite.
- Shoreham is the largest employer in the village of Chester and one of the largest in the municipality with over 160 employees.
- In 2013-2014 we hired 23 new employees.
- Within our home-like environment we provide around the clock quality certified nursing care, as well as palliative and respite care.
- We are a non-profit organization, governed by a volunteer Board of Directors.



## Education Sessions for Staff & Volunteers

### Safety Program

Different components of the safety program will be covered, with a completion of the roll out in the Fall.

The first set of sessions are scheduled as follows:

**All employees**

**June 30, 2:00pm during  
General Staff Meeting**

## Seniors' Safety

In response to concerns raised by residents and family members we recently had a visit from Beth George, seniors Safety Officer, as well as constable George Wooten from the RCMP to speak with residents about keeping their personal belongings safe. The RCMP have agreed to work with us to help address this issue. We have also installed more cameras in the building.



### Home Improvements

Watch out for wet paint! We'll be painting the dining room, lounge and Anderson Wing in the coming weeks. Outside, our Maintenance crew has been busy doing repairs and painting. Oceanview Landscaping cleaned up our gardens. We are hoping to make improvements to the C-wing wandering garden and purchase new furniture so that our residents can get out and enjoy this beautiful space. Thank you to Ken Mosher and his team for their fantastic work.



### Safety Tip of the Month – Internal Responsibility System

Safety in our workplace is based on the Internal Responsibility System, which stresses that everyone shares the responsibility for the health and safety of everyone at the workplace. What does “everyone taking the initiative” mean? It involves three simple steps:

1. Encourage people to reduce risk and set a good example for their co-workers
2. Develop and implement health and safety practices and provide training to create awareness in the workplace
3. Encourage open discussion and reporting of health and safety issues

These three steps will go a long way in having those who actively participate in a workplace take responsibility for the safety of that workplace.



We celebrated our volunteers on May 29 and captured some of the fun in these photos. From the top (left to right): Audrey Somerville, Coral Janes, Bill Murphy, Maurice Hogue, Town crier – Gary Zwicker, Niki Rhodenhizer and Corinne Webber.

Interested in Volunteering? Call us at 275-5631

## Share With Us!

Shoreham News is published monthly. The newsletter is distributed to residents, families, staff, volunteers, and visitors and is also available on our website:

[www.shorehamvillage.com](http://www.shorehamvillage.com)

If you have feedback, story ideas or would like to be added to our Shoreham News distribution list, please contact Tammy Leopold

Email:

[t.leopold@shorehamvillage.com](mailto:t.leopold@shorehamvillage.com)

Phone: 902-275-5631 ext 221

## Upcoming Events

### • Canada Day Party, July 1, 2:00pm-4:00pm

All are welcome to join us for music, hot dogs, cake, ice cream and lots of memories. Rain or shine!

### • Family Meeting, July 15, 6:30pm in the Occupational Therapy room

This meeting provides us with an opportunity to hear from families, address any issues they may raise and present an update on our progress.

### • Lunch and Learn, July 25, 11:30am-12:00pm and 12:15pm-12:45pm

Join Marie McLain as she shares “Seeing Beyond the Wheels”, a story of inclusion for individuals with disabilities.